

Neurodiversity Parent 101:

How can technology help with organisation?

Why is technology helpful?

- Having to remember everything yourself can be really difficult. Children and adults with ADHD often find time management and organisation hard. This can result in homework not being completed or being late to get to school or an appointment.
- Technology can be used to provide reminders, alarms, help break tasks into different parts to help with organisation.



What sort of technology can help?

- ✓ Electronic timers and alarms on mobile phones and on computers can remind you when tasks need to be completed such as when medication needs to be taken, or when to give in an assignment. They can also be used to help stay on task such as setting it to ring after a certain time can help the child or adult focus for 10 minutes for example.
- ✓ Organisers and calendars on computers or phones can be used to record when tasks need to be done and can prompt you or your child to complete tasks.
- ✓ Online essay planners can help to break work tasks into parts.
- ✓ There are some study skills apps that can help provide strategies such as learning to note take effectively.
- ✓ Grammar and spellcheckers can help some children and adults check their work.
- ✓ Speech to text software can allow the child or adult to listen to work they have written and can help them check it.